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Gear for an active summer at Prairie Summit Shop **P. 13**

**ON THE SCENE:**  
The Hope's Home RCMP Regimental Charity Ball **P. 18**

**SPACES:**  
Mid-century modern home accented with global flair **P. 28**

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SPEAKS VOLUMES ABOUT STARLA GREBINSKI **P. 4**



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Stacie Givens, principal at Sacred Heart Community School implemented a reading program that has made a positive impact on the students' lives. QC PHOTO BY DON HEALY

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Suzanne Ahmed in the Moroccan Lounge. Her favourite place in Regina. QC PHOTO BY KIM WOODWARD

## QC COVER PHOTO BY DON HEALY

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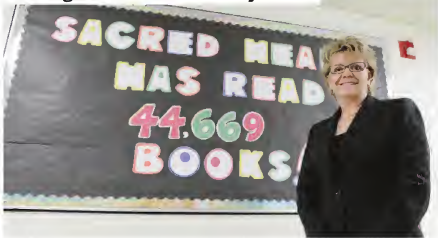
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# ON THE COVER

Reading is our life here.  
—Starla Grubinski

# SACRED HEART COMMUNITY SCHOOL

## Reading is sacred at inner-city school



Starla Grubinski, the principal at Sacred Heart Community School in Regina, has made it her mission to encourage reading. (L) Photo by Brian White

By Ashley Martin

There's an energetic buzz at the school's monthly gathering, which is amplified when one person reaches for the microphone they're all after. A woman shouts, "We've got 200 points right, Darrell! Everyone cheer and Kool & the Gang's Celebration plays on the stereo."

At another point, the same woman launches a repeat refrain: cheer! "When I say reading, you say right! Reading—"

"RIGHT!"

"Reading—"

"RIGHT!"

The cheerleader is Courtney Delrymple, the school's teacher-librarian. The crowd is gathered in the library. And the enthusiasm is not to celebrate athletic or artistic milestones. It's all devoted to literacy.

At Sacred Heart Community School in Regina's North Central neighbourhood, principal Starla Grubinski has made it her mission to encourage reading. It has become a culture at the school. In the vibrant

little library each month, students, their parents and teachers gather for All Night — All Reads for All. Celebrate Reading: the program they follow.

Students pore over the shelves of colourful volumes, copy up alone or read aloud in groups, and take turns as the stories they've selected. Children at the pre-kindergarten to Grade 8 school are obsessed with reading and there's nothing about it.

"Liberaries have changed a lot. They're not places to go and be quiet. They're places to learn and share and

grow," said Delrymple.

Throughout the night, students sign out their own books, wearing their ID card and the book's bar code. The hands-on approach empowers the children and teaches them to appreciate the library as the town space.

"There's nothing worse than being in the library and having it be silent and having the books sit on the shelf," said Delrymple. The computer providing a keeping soundtrack as children moved through the check-out line.

"I have never experienced such a

vibrant attitude toward reading," she added.

\*\*\*\*\*

When Grubinski started here as principal seven years ago, she came with a goal: Give the students a positive focus. Sacred Heart is located in 'Canada's worst neighbourhood,' so named by Maclean's magazine in January 2007, just months into Grubinski's tenure. She didn't want the neighbourhood's grim name to define her school.

## There's nothing worse than being in the library and having it be silent and having the books sit on the shelf — Courtney Dalrymple

"You don't want your focus to be on the pages, you don't want it to be too loose, you don't want it to be being rough or tough," said Grzesinski, who grew up in North Central. A former school librarian herself, she decided literacy would be her weapon.

"If you can read, you can do better in physics, you can do better in science, you can do better in math, just do better all the way around."

Indeed, attendance has risen almost five per cent, which is significant; reading, writing and math scores have improved, as has behaviour.

While Accelerated Reader was already in place — Regina Catholic Schools adopted it in 1989 — Grzesinski took it one step further.

"It's a whole philosophy in the school," she said. "Reading is our life here."

Each morning begins with a school-wide assembly where reading is the focus, in addition to prayer and school news. Assemblies were held in the gym until this spring, when its crowding structure made the bulk of the school-wide assemblies are now held on each floor.

A new genre is likely a long way off. Grzesinski has been told it won't be considered until March 2014.

"Reading for the poorest children in Regina, it's an imperative."

♦ ♦ ♦ ♦

In Accelerated Reader, each book has a points value. A picture book like Robert Munsch's *There's Snowfall* is worth half a point. An adult mystery novel by James Patterson, Grzesinski's favourite author, is worth 15 points. You get points if you pass a test about the book. The goal at Sacred Heart is to finish 100 points. It turns into a friendly competition — even the teachers participate, though their books aren't part of the final tally.

"It's especially fun to have students come up to me and ask me how many points I have. They challenge me, they like to have more points," said Adam Ward, reading vice-principal and Grade 8

teacher.

Ward has taught at Sacred Heart for eight years and has seen the reading culture grow to his first year there. If kids obtained 100 points. The next year, with Grzesinski's arrival, there were 50 students in the club. In her third year, they cracked 100. Last year, they set a school division record, with 106 students entering the 100-point club.

It's these goals again this year to see more than 200 of the 500 students enter the 100-point club, and they're well on track. At press time, the school had read 46,267 books and 145 children were in the club, including the first ever kindergarten.

"If you get 100 per cent on a test, you just pretty darn good about it and so we acknowledge points, we're so proud and we hang about it to each other. It really becomes such a culture," said Grzesinski.

The novelty hasn't worn off, and what started as a competition has transformed into a genuine love of reading for many students. Posing is a skill anyone can have.

"Most people do accomplishments in arts or sports or stuff like that, but it's reading and it's just something they can do on their own and it can never be taken away from them," added Ward.

As 75 per cent of the student population is Aboriginal, the 100-point club T-shirt emphasizes First Nations culture. It's yellow to represent the sun; the design incorporates an eagle feather (the symbol of achievement) as well as a beaded, symbolizing achievement.

"We're told by one of our school officers is that education is the new beaded," said Ward.

♦ ♦ ♦ ♦

The teachers have never had to coax the kids into reading. With each point comes lingering rights.

"Our children beg about their reading points to anyone who will listen," said Grzesinski.

Continued on Page 6



Sacred Heart Community School teacher Robyn Courtney Dalrymple celebrates after a student reaches 100 points. PHOTOS BY DON HEALY

We know there is so much negativity about this neighbourhood and I just see that complete beauty on reading nights because everybody wants their children to do well. — Grebuzski

A basketball coach who was driving North Central children once told her: "I know the kids from Sacred Heart because they were in the book and reading," she recalled.

A trip to Chapters was an incentive last year to jump reading just the 100-point mark. If a student received 100 points, they and a friend were treated to a book and a drink from Starbucks.

For a bunch of students who had never been to the south end store, it was a dream.

"Their eyes would light up because Chapters is probably about 10 times the size of our library," said Ward.

This year they lowered the requirement to 50 points so every student could experience Chapters.

Even preparing a group photo for QC was motivation. Grebuzski told the students they could be in the photo if they reached 100 points. That morning, she reminded saying: "We have had children reading like crazy and we gave out four T-shirts today in five minutes."

Maybe the greatest incentive, though, is the quality family time reading affords at each month's AR night.

861-1133 Kassandra and Leon Agnew's Program engaged in friendly competition over snacks and peace books at a reading night in early May. Kassandra had read 96 books to Leon's 90 some.

"I like reading more because I can beat my brother in it. That's the only thing I can beat my brother in," she said.

Karen Agnew's children also enjoyed reading, but this program has increased their love of edge.

"I think the most rewarding thing for myself as a parent is some of the words they say," said Agnew. She says youngest child Kassandra is also an avid reader.

Peggy Littleton had no idea about AR night until her children asked her to attend last June. As T-shirts and gifts were handed out at the year-end celebration, Littleton waited for her daughters' names to be called. They weren't.

Though the kids had fun hitting their friends it was a wake-up call for Littleton.



Peggy Littleton and her eight-year-old daughter Shaquea Felicitas Littleton read at Sacred Heart's AR Night earlier this month. **PHOTO BY DON HAY**

"Everybody wants their kids to succeed and to be knowledgeable of something, so that kind of made me sad."

She told the children a father and they resolved that this year would be different. The family hasn't missed an AR night all year.

At the May reading night, the proud mother spelled her children's accomplishments. Shaquea Felicitas Littleton, the eldest, was leading at 98 points. Her Grade 3 sister Shaquea had 80 points. Their brother River in Kindergarten, had 40.

"I'm glad that they read. That's

what they do to read all the time," said Littleton, who has also started reading more.

"98, 80 and 40 points, that's something to be proud of. That's next year's a bigger goal."

Grebuzski sees a good turnout each month because parents want to be with their children and see them succeed.

"We know there is so much negativity about this neighbourhood and I just see that complete beauty on reading nights because everybody wants their children to do well," said Grebuzski.

♦ ♦ ♦ ♦

The teachers at Sacred Heart worry about their students' when summer rolls around. For some children, school is their only source of stability.

People read in the Leader Post about a woman that's missing, "said Grebuzski: "Well we have her kids at school. We are kids who know their mom's missing, and then we find out the mom has been murdered, and those children are our children."

She is an awe of how they not only survive life's hardships, but thrive in

spite of them.

"A lot of kids go through a lot of trauma in their lives," added Ward. "When you see a student with their shirt or with a book and can tell you how many points they have, it's just amazing how it doesn't matter what they've been through, it just is something they can hold onto and be part of their lives forever."

Delphely believes reading goes the children hope. "It shows them that they are capable and that they have the potential to do what they need to do and it creates a sense of success in themselves."

Working with Starla, she's a woman whose passion just rubs off on you. She's a woman that makes you want to come to school. — Dairymple

Grubinski is well positioned to understand North Central children's needs, and it's not only to do with the 17 years she spent teaching, or her 13 years as school administrator.

Grubinski's mother raised her five children in the 1880 block of Angus Street.

"It was a pretty rough street even back then. It was tough. You don't get a lot of the advice today that I realize now a lot of children get," said Grubinski, who attended Albert School and lived Collegiate. "And I would say some of the children here have even fewer advantages than I did."

When she was 15, Grubinski volunteered at a classroom at Albert School, that was when she made up her mind to be a teacher.

Before then, it was a loss up between teaching and social work.

"I always knew I wanted to give back."

But in so doing, she's been given a gift. After decades in her profession, she still enjoys coming to work every day. And she loves Sacred Heart. She's happy to share her love of reading, which she cultivated in university.

Grubinski's dedication is not just on her staff.

"Working with Starla, she's a woman whose passion just rubs off on you. She's a woman that makes you want to come to school," said Dairymple. "She makes you know that you are important that you're called here and that the children and the teaching and the staff all together really can create just a wonderful life for everyone."



Starla Grubinski (right) looks on as parents and children attend a reading night at Sacred Heart. Grubinski grew up in the 1880 block of Angus Street in North Central. (L-R) Heidi Lee (L&P)

Jule Gilchrist, owner  
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# IN THE CITY

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## Valet parking



Camille Armstrong rides off after having used a bike valet service organized by the advocacy group Bike Region at the Cathedral Village Arts Festival scene (see text on City Avenue in Region on Saturday)  
GC PHOTO BY MICHAEL BELL



## YOUR FAVOURITE PLACE

What's your favourite place in Regina? Email [qc@leaderpost.com](mailto:qc@leaderpost.com)

## # MY FAVOURITE PLACE

## Diversity one of the draws to Hookah Lounge



Sabreen Akhtari likes the Hookah Lounge because it's a laid-back place that attracts a diverse crowd. (QC PHOTO BY SIMON KOSMAN) QC

By Andrew Matte

Regina's Sabreen Akhtari is drawn to the Hookah Lounge for its character like nightclubs appreciate and its attraction among people from varying cultural backgrounds like also enjoys sharing a hookah, a water pipe popu larized in the Middle East where it's commonly used to produce flavoured smoke. For Akhtari, a reporter at CBC Television in Regina, there are plenty of reasons why the lounge at 2146 Broad St. is her favourite place.

**Q** When did you first try a hookah?

**A** The first time I tried it was when I was in Calgary visiting a friend. In

Calgary, hookah lounges are more prominent than in places like the hookahs.

**Q** When did you go to the Hookah Lounge in Regina?

**A** When it opened here. I didn't go right away. The first time I went was about two years ago. I went with one of my best friends. I had no idea what to expect.

**Q** What was your first impression?

**A** When you see it from the outside, you don't expect it to look like it does on the inside. It has this lush look to it. It is a bit more casual and pillows and unique lighting. It's just a great

atmosphere, especially for my friend and I.

**Q** What do you like about it?

**A** Any day of the week you go there, it is a different crowd. There is live music on one night or there's a DJ on another night. It is a very different feel from what you'd normally see in other places in the city. I like the atmosphere because it is a very laid back and relaxing. It's not a crazy loud place where people are hanging out with each other. I am too old for that scene now anyway.

**Q** What are the crowds like?

**A** It's refreshing for this city because

it also brings together so many different cultures. You see people from Arab backgrounds or Ethiopian backgrounds. You see people together who you don't normally see gathered in one place. It's really cool. I took a friend about six months ago and she sat there for 80 minutes and just sat there and people watched. It is interesting to see people who go for the first time and don't know what to expect.

**Q** Do most people also use the hookahs?

**A** Lots of people who don't smoke go there. I know it is called the Hookah Lounge and most of the people who go there go to smoke, but not every

one does. You can just have a coffee, tea or a drink and just lounge.

**Q** Does it get smoky?

**A** Sure, sometimes it gets stuffy, but it gets stuffy anywhere where you have tons of people in a small spot.

**Q** Do you have health concerns?

**A** Yes. It can be a health issue. But people still smoke cigarettes. There are lots of different flavours so you can be sitting beside someone who is smoking a cherry flavour and someone else can be smoking something that's a different flavour. As someone who doesn't do it very often, (it) can smell it more than other people.



# CITY FACES

#LIFESTYLE

## Helping women save time

By Ashley Martin

There's just not enough time in the day to do it all. We've all felt that way at some point.

Mother and daughter Janice and Savannah Carr know it all too well — both are single mothers and are always running around to get things done. It's why they started their business, Time Savers Concepts Inc., where their motto is "giving the gift of time."

They run errands for people — pick up groceries and drycleaning, make returns, book flights, wash the car, take the dog to the groomer, set up home repairs. They help with party planning, babysitting and home staging. They do administrative work for businesses. They help with Christmas shopping. They pick up for new moms and people recovering from surgery. The list goes on.

"We don't have any right now. That's the main thing that people say they don't have time to do anything," said Savannah Carr of her clients.

Way back when, it was common to have domestic help and share a household with Alvan Hayford, a University of Regina sociologist. But as of 1914, women began doing it all themselves, as technology and industrialization made it easier to perform everyday tasks like cooking and cleaning.

After the Second World War, household consumption increased so there was a greater demand in the service sector, said Hayford. As a result, women got jobs outside the home, which left less time for domestic work.

"There was always that expectation of domestic labour on the part of husbands," said Hayford. The same expectation was not put upon men whose societal role was earning a paycheck. That view continues to dog.

"There's still this notion that a woman as a mother and a wife or a main partner, (and) sort of over these



Savannah Carr (left) and her mother Janice Carr founded Time Savers Concepts Inc. to help people in their community. The two perform a range of services including grocery shopping and holiday events. (PHOTO BY ANDREW MACIE)

obligations to those around her."

Added Janice Carr, "We got so much on (ourselves) because we think we're better daughters or better moms because we're doing it all."

Lynne Belyuk met Janice through work — she had estate agent and Janice her house. And since October, Belyuk has used Time Savers' services.

Lynne's husband, Bruce, runs a

golfing/skiing instruction business. The couple has two daughters. Kinsey (12) plays hockey while in grades shooting camp, golfing/skiing games and practices. Katelyn (11) has a job but doesn't drive yet. Needless to say, the Belyuks spend a lot of time playing chauffeur.

"I don't know whether we're the worst or the choicest, but on days on over the time here, especially with us both having our own businesses, it's

not like a 9-to-5 job," said Belyuk.

"We both work evenings and weekends and that's when our kids are off school, so for us, if we want to spend time and be involved in our kids' lives, which we do, we need help in other areas."

Once a week, Janice gets groceries, changes bedding and does other errands for the family.

"I call her my witch," said Belyuk. "It's a service that has become in-

valuable to me in other areas, spending time with my kids and even cheaper (because) I'm not eating out."

Every working mom needs a witch, because she has become one if it was here (at home)."

Helping others is what drives the Carrs to do this job. They want to give back and make people feel good while helping them save time.

"For women it's your health, it's not worth the stress," said Janice.

# INVENTORY

We want to hear from you: Tell us about your local business.  
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## # THE PRAIRIE SUMMIT SHOP

Husband and wife Geoff and Wesan Horn opened this store in 2009 to reflect their favourite brand: The North Face. Words like "climbs," "yoga," and "never stop exploring" describe the colourful store, which is full of outdoor and athletic wear, hiking and camping gear for men, women and children. Ryan Horn likes the brand because it can "reimagine an entire activity, not just the jacket or the shoe," and it's easy to put an outfit together when everything matches so well.

The store is open Tuesday through Saturdays at 40-425 Victoria Ave. E. In August it will be moving down the street to a larger space at the corner of Park Street.

QC PHOTOS BY  
BRYAN SCHLOSSER

**1. LET IT RAIN** North Face waterproof lifestyle raincoats, women's Clark jacket, \$109; men's Strikwell jacket, \$109

**2. STAY WARM** North Face North Face hoodies, men's and women's, \$265

**3. RUN RUN AWAY** North Face better than Nike collection running clothes, women's jacket, \$190; women's shirt, \$60; women's hiking track pants, \$100

**4. NO LOOKING BACK** North Face Altec 35 backpack, \$180

**5. BOLLING ALONG** North Face sarousses, Raging Thunder medium duffel, \$300; Drenched small duffel, \$220





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# FASHION

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## # SASKATCHEWAN FASHION

# Abigail and Rachael Kenny: Identical twins, identical styles

By Michelle Berg

Rachael and Abigail Kenny are identical twins living identical lives. Both have young children, work corporate jobs, share the same friends, go to the same places and live only a few blocks apart from each other.

"Your life sort of dictates your fashion. We have similar lives so we wear a lot of the same clothes," explained Rachael.

Rachael is a marketing and communications specialist at Matchco with a three-year-old and a nine-month-old. Abigail is a financial systems coordinator at the health region with a 14-year-old and a two-year-old. Their mother is from London, England, so both of them travelled to London a lot as children where they acquired their sense of style.

Rachael describes her style as British casual. She always wears black tights and black shoes with dresses and a lot of black jackets and cardigans. "I like to layer a lot — I don't like to be exposed."

"We top — no bare skin over," said Rachael.

Abigail's style is very similar with a lot of neutrals and basics. "It's mostly baggy on the top, slims on the bottom."

They both love to shop together when travelling and they end up visiting the same stores and buying the same things.

We are going to different stores and meet at a wedding and show up in the same dress (all different colours) with black tights and baggy black boots.

They like to shop locally and often find pieces when travelling in England, Luma and Hi. Save Space Parts and The Gap are a few of their favourite places in Saskatoon. Top Shop H&M and Luma's are stores they always visit when shopping in London.

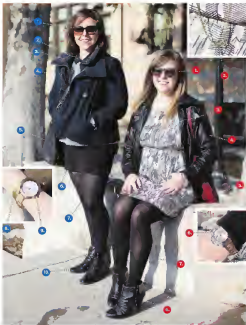
"When we were younger it was really hard to find something different from a chain in Saskatoon so we've always loved going shopping when we're travelling," said Rachael.

Both twins are more interested in fashion now that Saskatoon's fashion scene has improved.

"We like to look nice but we're no fashionistas," said Abigail.

People mistake one twin for the other all the time. They like being the only thing that is somewhat different (and not too much).

"Our parents made a point of not dressing in the same so we wouldn't be those word twins. Now we do anyway," said Rachael.



## Abigail

1. **SUNGLASSES** Michael Kors from Spare Parts
2. **SHIRT** Gapco
3. **SWEATER** American Apparel
4. **JACKET** Topco
5. **BAR** Mums by Mums located from Artista
6. **SHIRT** H&M
7. **TIGHTS** H&M from The Bay
8. **SHOES** Luma & Hill
9. **WATCH** Michael Kors from Spare Parts
10. **SHOES** Top Shop in London, England

## Rachael

1. **SUNGLASSES** Retro Super Fuzzies from Spare Parts
2. **NECKLACE** Bessie's Republic
3. **BRIGGS** Top Shop in London, England
4. **JACKET** Italy
5. **BAR** Top Shop in London, England
6. **WATCH** Michael Kors from Spare Parts
7. **TIGHTS** American Apparel
8. **SHOES** Aldo

Identical twins Abigail and Rachael Kenny have similar tastes in style. **QC PHOTO BY MICHELLE BERG**

# READ MY BOOK

**LOCAL AUTHORS:** Writers tell us what makes their book worth reading

# DAVID TEMERICK

## Lure of fantasy yields real books

For my sixth birthday my father gave me a leather-bound copy of *Treasure Island*. At the time I remember being disappointed that it wasn't an action figure of some kind. After reading it though, the story lit a fire inside of me and my joy of reading was born. Shortly afterward, I began reading as many classics as I could get my hands on. I began to notice that the vast majority of classic literature had many elements of what are now classified as fantasy.

That genre became my focus when trying to find modern authors to copy but I was ultimately disappointed that most of them have gone into hard fantasy more concerned with turning their worlds into role-playing games than telling compe-

ling stories with great characters. The trope of later changing books are those as 'beginners' seems are incomprehensible and have more words than words, words are described in painstaking detail but the characters get a broad and generalised existence.

The fantasy language has become so entrenched in this world that nothing innovative is ever accomplished. I see no reason why fantasy novels can't be accessible to a wider audience, more interested in character development and exciting story progression rather than statistical analysis.

With that in mind, in my second novel, *Deadly Intentions*, I continue telling the story of a deeply troubled young genius as he recovered



David Temerick

from the trauma that his tale means almost nothing. However *Treasure Island's* percentage thrusts him into a life he's not completely prepared for and friends with which he feels authority breeds. After the debut of the *Dreemore* line, Temerick prepares himself for a long life

of *intrigue*. Little does he know, the conflict to liberate his nation as a distraction set in motion by the puppet masters behind the cult who are missing on the north for an all-out offensive. In a race against time, Temerick must find allies to give him the world from coming to ruin, or die in the attempt.

I can be found through my personal website: [www.davidthemerick.com](http://www.davidthemerick.com), on Twitter @dthemerick and on Facebook. I use social media regularly to keep in contact with my readers and hear their input. I'm one of those fielded few writers who looks forward to feedback both positive and negative. Both of my novels, *Dreemore* and *Deadly Intentions*, are available on Amazon in paperback and Kindle.



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as the Regina Red Sox compete for their  
3rd straight WMBL title **#missionpost**

f /ReginaRedSox [www.ReginaRedSox.com](http://www.ReginaRedSox.com) t @ReginaRedSox

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**SEASON TICKETS ON SALE NOW**

## Season Opener

Thursday May 30<sup>th</sup>

Regina Red Sox



VS.

**Moose Jaw  
Miller Express**



7:05 pm at Currie Field







# ON THE SCENE

## # HOPE'S HOME RCMP REGIMENTAL CHARITY BALL



About 300 people attended the Hope's Home RCMP Regimental Charity Ball on Saturday, May 26.

The event is held each year to raise money for a different charity. About \$100,000 was raised for Hope's Home at the 2010 and 2011 events.

Corvette Kille has been chosen to be the event's beneficiary in 2014.

1. Matti and Jacqueline Fisher  
Stephane Rothman and Brad Neuber

2. Suzanne Rousseau, Steven Wronberger, Denise Patterson and Michelle Yang

3. Wanda Johnson and Judy Stoen

4. Jason and Sharon Skelley

5. Allison Ziegler and Lisa MacDonald

6. Hope and Jason Chapdelaine and Dana Lee

7. Jason Adams

QC PHOTOS BY MICHAEL BELL



Since 1991, the RCMP in Regina has hosted an annual ball to raise money for various charities in the community. The event is a nod to the past when the national force held community balls at its Regina barracks.

#### # HOPE'S HOME RCMP REGIMENTAL CHARITY BALL



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## # GARDENING

# Getting rid of lawn pests like sod webworm

By Erl Svendsen

My lawn did not survive the winter unscathed. Between the gravel and seed matting down the front lawn, the surprisingly active moose in the back (that my integral cut, Bo, ran, caught the snow was mauling and proudly and promptly brought evidence to show me), and the per-  
 ever snow melt, my lawn has never looked worse. I'm sure that as a common story that there are winter lawn problems. Summer pest problems are mostly due to insects. One of the more elusive is the sod webworm.

Sod webworms are the larval form of small, brownish-white grass moths, of which there are several species. The moths are active at night, laying their eggs from July to September. They hatch during the day in the grass in shrubs, and as true tracks, clustering up in a row when disturbed. The moths themselves cause no damage. Instead, it is their

away where to dark grey and light brown headed larvae that cause damage as they eat off the grass blades, pulling them into their silken hair runs or or just below the soil surface. The young caterpillars are worm-like in silken cocoons in the ground and begin feeding again in early spring before pupating and emerging as adult moths in early summer. There are several species whose greenish-yellow caterpillars look like the grass moth is active all summer.

Rarely found in a shady lawn, sod webworms are most often found in full sun, on slopes and sandy soils. Symptoms start out as irregular brown patches that appear in mid-summer. Summer heat, drought and poor fertility can worsen the problem. Conversely, a healthy lawn is the best defence. Well-kept water, fertiliser and weed control can greatly reduce the impact of a sod webworm infestation.

To confirm you have sod webworms, check for recently clipped grass seeds, green pellets and

webbing in the thatch. Like the adult moths, the larvae are nocturnal so you'll rarely see them in the daytime. You can find them in the surface by applying a solution of litmus control dith discolourant (1 to 2 tablespoons of soap per gallon of water) or with a one per cent gyrodol solution applied on a two by two foot square over an affected area. The larvae should emerge after two to five minutes, allowing you to count them and determine their size. The smaller they are the easier to control. Concentrate your efforts on the edge of an affected patch so that as when they will be most active — they will have already moved out of the middle of the brown patch so there will be little for them to feed on.

Two chemicals are registered for control in Canada. One is diazinon. That's a group 2 insecticide. The other is organophosphate, a natural product derived from a root and organophosphate. A third option is a botanical extract — a naturally occurring entomone.



The sod webworm is a pest. In about two centimetres, long and a common lawn pest in the summer. Photo courtesy of the author.

pelagicus nematode, *Blattaria* nematode, *Blattaria* nematode. It may be available in a concentrated solution at some garden centres and through online mail-order companies.

Apply all control options several

times to apply any of these controls as late in the day as possible, as close to when the larvae emerge from their protective silken burrows to begin feeding.

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**REGINA PRIDE WEEK**

**Monday, June 17th - Sunday, June 23rd**

For a full list of  
Pride details, check out the **Regina  
Pride Guide** in the **LeaderPost**  
on **Monday, June 17th!** OR Check out **Queen  
City Pride** on the web @ [www.queencitypride.ca](http://www.queencitypride.ca)  
& on **Facebook @  
[www.facebook.com/ReginaQueenCityPride](https://www.facebook.com/ReginaQueenCityPride)**



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Presented by



YARA

MONDAY JULY 1, 2013  
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11:00 am - 12:00 pm  
12:30 pm - 2:00 pm  
2:30 pm - 3:00 pm  
3:15 pm - Close

Registration  
Boat Building  
Plywood Cup Race  
BBQ & Prizes



## OVER \$10,000 IN TEAM PRIZES TO BE AWARDED!



**Team:** 4 shipmates (at least 1 member of each gender)

**Supplies:** 1-hand saw, 1-hammer, 1-tape measure, 1-yard stick, 1-roll of duct tape, 1- 1/4" sheet of plywood, 1- 1/4" sheet of plywood, 1-8" 2"x2", 1.5lbs nails, 1-pencil, and life jackets. No other tools or materials can be used for the build - NO chewing gum!! Feel free to decorate your boat as you see fit.

4 Food & Beverage tickets (4 more with \$400+ in pledges)

**Fee:** \$500 (\$600 after June 1st)

**Pledges:** Minimum \$400 (\$100 per shipmate)

**For information or to register your team:**

Dwayne Melcher 306-359-1666

Steven King 306-551-5300

[www.reginaprogress.com](http://www.reginaprogress.com)



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## # ASK ELLIE

## Parenting course may help new father get involved

**Q** I've been married for five years and have a new baby. But my spouse was very uninvolved with any pregnancy despite that we'd already had two miscarriages. He wouldn't "waste" his time coming to doctor's appointments. I tried to involve him in sending postcards he'd like me to send the obstetricians, but he dismissed me.

When the baby started kicking, he didn't want to feel it. Now willingly choose post colours for the nursery.

I also had problems with my parents, which caused me MUCH confusion and anxiety, and he wasn't interested in the nursing I wish for.

Lately, I see a psychologist. It was a very hard pregnancy, emotionally.

Now that the baby's here, he's helpful, but would rather do things he wants on weekends, i.e. yard work, than help me with the baby that I care for 24/7.

I understand he has to work, and has limited time to himself, but as the baby experience is new to both of us, we should be learning about her and helping each other out?

## Ask Ellie



Ellie was facing a bit during one feeding and he was crying. I said, "She's only two weeks old, the yard work can wait." His response, "Do I have to hold your hand every time?"

Meanwhile, he's struggled with the baby thinking she doesn't feel soothed, by him and doesn't like him. I was supportive. But I don't get that support in return.

How do I continue to live in a new rage like this?

— **As Above**

**A:** Your most important focus during these early months is to feel secure and bonded with your baby. Even troubles with your parents and disappointed needs in your husband need to be set

aside awhile.

It's good that you supported his feelings of inadequacy. This is new to him too, and the miscarriages may have made him afraid to be involved. That's not a great excuse, but it may be reality.

Once you're more settled with your infant — and meanwhile continuing to see the psychologist — you can talk to him about being a parental team.

Taking a parenting course together, reading parenting books, talking to other new parents in a support group all can help you both realize that adjustment to a new baby is a normal process.

**READER ALERT** — Some of you will find the following question disturbing. But I believe it'd be a disservice to this young writer and many others for me not to take it seriously.

Many children are faced with sexual requests such as follows, at an age where they have no idea how to respond. That uncertainty can lead them to being bullied, assaulted and worse.

**Q:** This guy a few years older wants

me to give him oral sex. He always mentions that he'll show me his thing. What should I say or do?

— **Big Person**

**A:** Say NO. You NEVER have to do something another person wants that makes you feel uncomfortable, afraid or even unsafe.

Say NO. Walk away. Avoid him. His suggestion's rude, not a compliment. He wants you to be on him long about 10, take a photo, and/or show friends. That's how destructive images get sent around on the Internet and harm a person's daily life at school and with friends.

She's not a decent guy who sees about you. He's really no different from a stranger/disher from where you'd run.

Be sure. And if he asks you again, report him to your parents and school principal. If he persists you, report him to police.

**Q:** Three years ago, my daughters, 15 and 13, were attacked. My younger daughter didn't survive.

Since then, I've struggled raising three surviving children (I was previously divorced). I've been diagnosed with post-traumatic stress disorder — PTSD. It's, I entered a college degree. I found a job, but high stress and inconsistent hours exacerbated my PTSD, causing daily panic attacks. My emotional issues, and I had to quit work.

I'm now living on medication, barely scraping by. If I don't find another job I can't pay my bills. I have increased disabilities and nightmares due to the society.

— **Cash Money Forever**

**A:** A victim of violence your family may qualify for court-ordered programs that could help with counseling, job search, and compensation. Please call.

Seek local community help for you and your children, through family agencies, YWCA programs. Do online searches and get proactive. Reveal wherever diagnosed PTSD, for best medical advice, and a support group.



# Next week in QC

Local news anchor  
Jill Morgan is one of the  
women in Saskatchewan's  
public eye

## #CROSSWORD

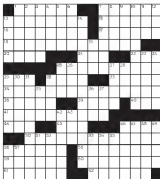
## NEW YORK TIMES Edited by Will Shortz

## ACROSS

- 1 It has no melody  
7 Inedible water  
petrichor  
10 French: chicken +  
spirit  
13 Indistinctly  
16 Birthday e.g.  
17 Put on  
18 Classic conformation  
isn't it? "Not so subtle!"  
is sung to a Wagner  
tune  
20 Closed out  
21 Heavy partner  
22 Kiosk adjunct  
23 Civil war presidential  
candidate on the  
Indiana side but  
26 Volume 1, number for  
short  
32 Concrete equivalent  
33 Chisel or saw. Platen  
of "one of the four" tools  
34 Travel mode  
39 Calls the beans  
39 Checkup  
40 Blue de \_\_\_\_  
41 Top in Perennial Day  
44 What's that to Jean?  
45 Time warmer  
46 Unsubtle legerde-  
main  
49 Majestic surface  
on a first record of 19-  
20-, 30- and 40 Notes  
50 Range in definition  
possible  
56 "So what?"  
58 First way to diffuse a  
bomb  
60 Jean-Louis say  
61 Sound effect  
62 Circle

## DOWN

- 1 Squared in rubs, maybe  
2 When said twice,  
times frequent line on  
"The Odd Couple"  
3 Cardless



PUZZLE BY ANDREW MCKINLEY

- 14 High \_\_\_\_  
15 Head of time  
16 No one can't do this  
17 In with \_\_\_\_ (T-shirt phrase)  
18 Possible prep of a  
"D" word  
19 Unbearable as a job  
20 Live in place  
21 Clear issue in above  
22 Cursed place  
23 In with \_\_\_\_ (T-shirt phrase)  
24 Photo with biology  
25 Possible predator of a  
"D" word

- 42 Some celebrate  
method  
43 Grey talk  
44 Knowledge business  
47 Wetland denizen  
48 Body scans?  
49 Fresh  
50 Intensely with "of"  
51 20th-century in France  
52 Something plotted  
in the musical's  
plot?  
54 Time  
55 Never more mad than  
56 Dep. meeting out loud  
at the impact  
57 Crop thresher

# JANRIC  
CLASSIC  
SUDOKU

## Level: Diff.

Fill in the black cells  
using numbers 1 to 9.  
Each number can ap-  
pear only once in each  
row, column and 3x3  
block. Use logic and  
process of elimination  
to solve the puzzle.

The difficulty level  
ranges from Easiest  
(easiest) to Super  
Difficult (hardest).



Solution to the  
crossword puzzle and  
the Sudoku can be  
found on Page 36.

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# SHARPEATS

# SASKATCHEWAN FOOD TRENDS

## Guest chef dinners heat up local dining scene

By Jenn Sharp

Suppose you wanted to sample cuisine from one of Canada's top chefs but you didn't want to shell out on a trip to Ottawa or Montreal?

Collaboration and guest chef dinners have become a hot trend across Canada, and have now made their way to Saskatchewan.

A complete "dining experience" is how Marc Lepine describes what he found discover at his Ottawa restaurant, the nationally renowned and incredibly unique Ardour.

Anthony McCarthy, executive chef at the Saskatoon Club, recently brought Lepine to the city for the first of the club's Guest Chef Dinner Series.

He wanted to bring in someone with a completely different cuisine style to anything we currently have in Saskatchewan.

"I really wanted to see Marc here, his food represented. He has great food, a great reputation and let's be honest," says McCarthy.

With the help of McCarthy and his staff, Lepine crafted a five-course masterpiece fusing Japanese and Canadian elements in a wholly modern presentation.

Ardour has become famous for the unique dishes Lepine (who was the 2012 Canadian Culinary Champion) and his team create every night.

A 10-course, \$139 tasting menu is available based on what's fresh and what's in season. A lot of fun is built in — chefs play with temperatures of the dishes, textures and varied elements.

"There's a visual nonchalant element going on with some of the dishes. It makes people think and gets them excited about food. We want people to leave talking about it," says Lepine.

Diners are meant to be engaged over and surrounded at Ardour. Guests typically spend three hours in the small 20-seat establishment.

Many of the world's best restaurants offer tasting menus. This gives the chefs complete control over the



Chef Marc Lepine, of Ardour in Ottawa, prepares a multi-course meal at The Saskatoon Club for a Guest Chef Dinner Series event. Lepine's focus is on fresh, unique ingredients, presentation and a modern and edgy style. Top photo courtesy of JEFF PHOTOGRAPHY; JC PHOTOGRAPHY; JC PHOTOGRAPHY

dining experience.

"It's like a production. It makes us to provide the experience we want to give people as opposed to them just eating it."

For Lepine, presentation is as important as everything else. Whether a number one best, "we're small and we have that time to put that detail into

the presentation."

The Saskatoon dinner was a new challenge for the Saskatoon Club chefs — several other chefs from around the city came to help out with the event and learn from Lepine. The tasting menu has always been a staple for him.

"That's how I like to eat," explains

Lepine. "I like to sample lots of different things in an evening. As I was learning as a chef, the chef I always took to were the ones that ran restaurants that did nothing but tasting menus."

The event was the first for the Club's Guest Chef Dinner Series. The next will be held June 30 with

Martha Jones (the 2011 Canadian Culinary Champion) from Montreal's Poutine restaurant. The cost of \$140 for the dinner includes tax, wine, parking and gratuity. Reserve by calling 386-603-1700.

And what did Lepine think of his first visit to Saskatchewan?

"It's a wicked city."



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## EVENTS

## # MUSIC

Thursday, May 30

**Wonderland**  
The Pump Roadhouse  
641 Victoria Ave E

**Easily Compromised**  
Machy's Tavern  
2236 Dewdney Ave

Friday, May 31

**The Dead Punk Night**  
Featuring Hello Lady, The Dead South, May Insect vs. the Time Pistols and The Engine Associates  
The Artisan, 2627 133rd Ave.

**Adams Rib**  
Machy's Tavern  
2236 Dewdney Ave

**The Lazy Moks with Flying Pies & the Hunter Gatherers**  
Olivian's, 1547 South St

**Coal Creek Boys**  
Artful Ground, 1631 18th Ave

**Billy Girrell**  
The Tap, 306 Albert St.

**Rip-Chill Fringers**  
With music by DJ Garbot  
The Lancaster Taphouse  
4329 Gordon Rd.

**One Bad Son, 1 Automatic, Neil Halls, the Snakes On Salaries**  
The Exchange, 2431 8th Ave

**Goldmine**  
The Club at The Exchange, 2431 8th Ave

**Wonderful**  
The Pump Roadhouse  
641 Victoria Ave E

Saturday, June 1

**Adams Rib**  
Machy's Tavern  
2236 Dewdney Ave

**Billy Girrell**  
The Tap, 306 Albert St.

**Ja Dee Mezzine with Beverly Mahood**  
Castro Regina Show Lounge  
1880 Saskatoon Dr E

**Bratty Annie**  
The Lancaster Taphouse  
4329 Gordon Rd.

**Kylene with Blood Cement, White Hills, Loner/Wulf**  
The Exchange, 2431 8th Ave

**Wonderland**  
The Pump Roadhouse  
641 Victoria Ave E

Sunday, June 2

**Northeast, The Mattins, The Creaking**  
The Exchange, 2431 8th Ave

**Craig Cardiff**  
The Club at The Exchange, 2431 8th Ave

Monday, June 3

**Manday Night Jazz & Blues The Ministry of Groove**  
Bushwaker  
2236 Dewdney Ave

**The Supercardinals with Lydia Lovell**  
The Exchange, 2431 8th Ave

Tuesday, June 4

**Tuesday Night Trouble for Jam Night**  
Every Tuesday, 8 p.m.  
Woodard, 2327 Park St.

Wednesday, June 5

**Deconstruct Sculpture, Aesthetic, Kul**  
The Exchange, 2431 8th Ave

**Wednesday Night Folk: Luke McCalline**  
Bushwaker, 2236 Dewdney

**Jam Night**  
Every Wednesday  
Machy's Tavern  
2236 Dewdney Ave

## # ART

**Madness in Print**  
Featuring work by Jack Cowin, Joe Hafford and David Thauberger  
Until June 1, 10 a.m. Fine Art Gallery, 2676 Halifax St.

**Michael Heidecke: Acts of Chairs**  
Interactive installation where visitors reconfigure chairs to create their own sculptures  
Until June 15, Art Gallery of Regina, 2420 Saskatchewan St.

**Layered Thoughts**  
Collage Art Show  
Until June 23, The Contemporary Art Gallery, 1621 18th Ave

**The Power of Music: Sustainability and the James**  
Until July 31, Royal Saskatchewan Museum, 2404 Albert St.

**The Artists of Scott Nicholson Fine Arts**  
Until Aug. 16, Regina Centre Crossing, 1631 Albert St.

**How We Piled the Vault: 40 Years of Collecting at the MacKenzie Art Gallery**  
Until Sept. 1, MacKenzie Art Gallery, 3470 Albert St.

**Greatest Hits: The Jono Year of Creation Art**  
Until Nov. 24, MacKenzie Art Gallery, 3470 Albert St.

**Associate Gallery**  
2245 Smith St.  
Open Tuesday to Friday 10 a.m.-5:30 p.m., Saturday 10 a.m.-3 p.m.

**Mystralia Gallery**  
2796 13th Ave.  
Open Tuesday to Saturday, 11 a.m.-3:30 p.m.

**Neutral Ground**  
#203-1850 South St.  
Open Tuesday to Saturday, 11 a.m.-5 p.m.

**Nouveau Gallery**  
2148 Albert St.  
Open Tuesday to Saturday, 10 a.m.-5 p.m.

## # THEATRE

**The Big Bang Theatre**  
Until June 1, Applause Dinner Theatre, 7073 Broad St.

**The Greeny Chaperone**  
Until June 5, Globe Theatre, 1821 South St.

## # COMEDY

**Cyclone Comedy Night**  
Thursday, May 30  
Artful Dodger, 1631 18th Ave

**Hitch Hikers Improv**  
Friday, May 31, 9:30 p.m.  
Creative City Centre, 1843 Highland St.

**Comedy Night**  
Every Sunday night  
Gibber's, 2334 Dewdney Ave

**General Public Festival**  
Festival tournament  
Wednesday, June 5, 7:30 p.m.  
The Artisan, 2627 133rd Ave

**Jason Alexander**  
Wednesday, June 5, 8 p.m.  
Casino Regina Show Lounge  
1850 Saskatchewan Dr.

## # SPECIAL EVENTS

**Monks, a Festival of Cultures**  
Thursday, May 30, 8-10:30 p.m.  
Friday, May 31, 9 p.m.-midnight  
Sat. June 1, 2 p.m.-midnight  
Seven locations throughout Regina. Visit [www.reginamonks.com](http://www.reginamonks.com) for more information.

**11th Annual Soul Sisters Dinner & Concert**  
YWCA fundraiser dinner featuring music by Seven Seas Arts Alliance and Noise  
Thursday, May 30, 6 p.m.  
Bushwaker, 2236 Dewdney

**What's Cookin' in It?**  
10th Queen City Cinema Inter-

What you need to know to plan your week.  
Send events to [qc@leaderpost.com](mailto:qc@leaderpost.com)

**National Media Arts Festival**  
of Regina  
Thursday, May 30, 7-11 p.m.  
Friday, May 31, 7 p.m.-12:30 a.m.  
Saturday, June 1, 1-11 p.m.  
New World Grand Gallery, 1706 South St.

**Youth Spoken Word**  
Thursday, May 30, 7 p.m.  
Creative City Centre, 1843 Highland St.

**Regina Red Sox vs. Moose Jaw Miller Express**  
Thursday, May 30, 7:05 p.m.  
Currie Field, 43rd Road and Winkler Street

**Creating Planets with Colleen McElroy**  
Thursday, May 30, 7:30 p.m.  
Art Building Centre, 2430 Highland St.

**Regina Farmers' Market**  
Every Saturday, 9 a.m.-1 p.m.  
City Square Plaza, downtown

**French Social Club**  
Practice and improve your French skills  
Saturday, June 1, 10-11:30 a.m.  
10 of 8 Robert Centre (look for the Institut Français banner)

**Walk For Lupus**  
Saturday, June 1, 12:30 p.m.  
Pine Island, Wascana Centre

**Victorian Tea**  
Hosted by the Government House Historical Society  
Saturday, June 1 and Sunday, June 2, 1 and 2:30 p.m. (seating)  
Call 787-5363 for reservations  
Government House, 4537 Dewdney Ave.

**Regina Red Sox vs. Winnipeg Beavers**  
Monday, June 3, 7:05 p.m.  
Currie Field, 43rd Road and Winkler Street

**The Talkies with Jayden Pfeiffer**  
A monthly viewing and discussion of Hollywood films  
Monday, June 3, 7:30 p.m.

**Cruel City Centre, 1843 Highland St.**

**Regina Farmers' Market**  
Every Wednesday, 9 a.m.-1 p.m.  
City Square Plaza, downtown

**ALISA Burns-Brewing club meeting**  
Featuring a Beer Tasting For Family and Friends!  
Wednesday, June 5, 8 p.m.  
Bushwaker basement clubroom, 2236 Dewdney Ave.

## # NEW MOVIES

**After Earth**  
Action  
A thousand years after humans were forced to leave Earth, teenager Kitai (Jaden Smith) and his father Cypher (Will Smith) crash-land on Earth's surface. With Cypher critically injured in the crash, Kitai sets off on a dangerous journey to signal for help. Along the way, he faces uncharted terrain, evolved animal species that now rule the planet, and an unpredictable alien creature.

**How You See Me**  
Thriller  
An FBI analyst tracks a team of the world's greatest illustrators, who pull off a series of heists against corrupt business leaders during their performances.

**Galaxy Cinema**  
426 McCarthy Blvd. N.  
306-522-9018

**Cineplex Odeon**  
Southland Mall Cinema  
3005 Gordon Rd., 306-565-3383

**Regina Public Library Theatre**  
2311 13th Ave., 306-777-6164

**Kearney Movies**  
2503 Powerhouse Dr.  
306-523-0628

**Rainbow Cinema**  
Golden Mile Shopping Centre  
3806 Albert St., 306-328-3250

# OUTSIDE THE LINES

## # Colouring contest

Each week, artist Stephanie Molloy creates a pretty illustration meant to please kids of all ages. Children can colour the page, have a picture taken with the finished product, and email it to [oc@leaderreport.com](mailto:oc@leaderreport.com) by Monday at 9 a.m. One winner will be chosen each week. Please send high-resolution pictures and include the child's name and contact information.



Last week's OC colouring contest winner was **Mira Jami**. Congratulations! Thanks to all for your colourful submissions. Try again this week!



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# SPACES

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## # REGINA'S BEST SPACES

# Mid-century modern meets art gallery

By Ashley Martin

**WHO?** Anne Parker

**WHAT?** The living area and kitchen of her Hillside bungalow in Regina.

**WHEN?** The house was built in 1967 in a classic mid-century modern style. Parker bought the house about five years ago.

**WHY?** This house had been on Parker's radar for years. When the "for sale" sign went up, she knew the real estate agent and got a look inside. Though she had no intention of buying a house at the time.

"When I walked through I thought, 'I could see myself living here for the rest of my life,'" said Parker. "I just thought it was a neat looking house and I love the windows in the living room. Just that amount of light coming into the home was really unusual. I've always lived in older homes so you just don't get that kind of light when you have greater than full-story windows."

The living room is great for entertaining, and Parker has taken to hosting house concerts.

**HOW?** When Parker moved in, she didn't make any changes past painting. The previous owners had renovated, making a nice open-concept design, taking out a wall between the kitchen and turning two bedrooms into a master with ensuite.

Though the walls are white, the home is anything but plain. There are packs of colour through furniture and artwork. A border near from Mexico has the living room together.

Parker has stayed true to the era of the home as some of her furniture choices, a green retro lounge chair and Eames kitchen chairs among them.

She opted to keep an odd original feature — a steel-plate closet at the front entrance.

"It's like an island in the middle of the living room but it's actually very functional. It provides a nice bar."



twice the living room and the door, and you do need a closet."

The house is ideal for displaying Parker's art collection. The previous owners installed gallery-type lighting in the living room, and Parker has brought in staff from Asambosa Gallery to hang the pieces.

"They'll go through the house and

if they don't have these preconceived notions about 'this piece goes in the living room, this one goes in the dining room,' they just see everything up and just hang it all."

Her new favorite piece is a green painting with boats, which she recently bought in Vietnam.

"We'd stayed on boats that are like



## QC PHOTOS BY BRYAN SCHLOSSER

the boats in the painting as it actually has some real resonance with me."

Another favourite is a painting over the fireplace by Regina artist Jovita Kufner.

"Those are the doors of Luther High School gym. I make people pursue. Nobody yet has gained."

Though the towers over the floor-to-ceiling living room windows keep

the house cool in the summer, Parker does plan to replace the windows, which are original to the house. She also plans to install a gas fireplace, as the wood-burning marble fireplace doesn't draw well.

## SPACES



# WINE WORLD

# EL ENEMIGO

## A Malbec to make a man or woman swoon

By James Romanow

A new Malbec from Argentina can draw strong men into a swoon. I'm not entirely sure why Malbec has become the *crû* d'*amour*, but there it is. Most of these are nothing to write home about. Lately any number of them to proceed outside their class.

Given that somewhat sane theme of mind you can imagine that I approached El Enemigo without great enthusiasm. I was, however, pleasantly surprised, even mildly seduced, by the time the bottle was finished.

Enemigo means enemy, and

there is a somewhat gnomic quote on the back label to explain the name. I assume the making of this wine was not easy. Whether that is due to the country's economics, the owner's economics, the difficult soil or some technological vines, I have no idea.

The resulting wine will appeal to those who love a fairly aggressive set of oak flavours. The current and vanilla will cause even strong women to swoon. While ag notes some were the underlying flavours of earth and graphite and a surprisingly strong structure (Most Malbecs have all the backbone of an earthworm).

The bouquet underneath all

that new oak vanilla is surprisingly floral, probably due to the inclusion of some petal secret, followed by a hint of stone and graphite. The palate is translucent, featuring flavours of herbs and spices (jasmine and a hint of cinnamon), great blackberry and black cherry fruit, with a slightly peppery finish. If you're a Malbec lover and your budget stretches over the \$30 mark you should give this wine a try. There's more to enjoy and conversation in El Enemigo than you find usually.

El Enemigo Malbec, Argentina, 2009. \$28.99.

More wine in Monday's LeaderPost or on Twitter @jromanow



## Crossword/Sudoku answers



5	2	6	9	7	3	4	1	8
9	1	8	5	4	6	3	7	2
4	3	7	8	1	2	5	9	6
6	7	3	4	5	8	9	2	1
2	9	5	1	6	7	8	4	3
8	4	1	3	2	9	7	6	5
1	6	9	7	8	5	2	3	4
7	8	2	6	3	4	1	5	9
3	5	4	2	9	1	6	8	7

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# Business Spotlight

## Clean BEGINNINGS Laundromat

### Welcome to Clean Beginnings Laundromat...

Everyone has to do their laundry... but what if you could do your laundry and at the same time meet persons with mental illness to obtain training and employment opportunities in our community?

The Canadian Mental Health Association - Regina Branch and Service Canada's Homelessness Partnering Strategy has made this opportunity a reality.

CMHA Regina Branch offers persons with long term mental illness vocational training in many employment areas and has recently added the Clean Beginnings Laundromat as a training facility where individuals will learn and develop skills to obtain and maintain employment in our community.

The goal of the Clean Beginnings Laundromat is to become a self-sustaining community business to continue to provide training opportunities to persons with long term mental illness to become employed in the Regina community which will enable them to afford housing and improve their quality of life.

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